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(54) Title: COMPOSITIONS WITH HEALTH AND NUTRITION PROMOTING CHARACTERISTICS, CONTAINING INTERESTIFIED LIPIDS AND PHYTOSTEROL, AND RELATED METHODS

(57) Abstract: Medium chain triglyceride oils are interesterified with long chain domestic oils in order to form interesterified structured lipids. These structured lipids find special application in combination with phytosterols to provide compositions and methods for enhancing health and nutrition characteristics. The compositions have a structured lipid content of at least about 80 weight percent and a phytosterol ester content of up to about 20 weight percent, based on the total weight of the health and nutrition promoting composition. The composition significantly reduces total cholesterol and LDL cholesterol without significantly reducing HDL cholesterol, while also reducing adipose tissue of an individual to whom the composition is administered.